

**11am-
1pm**



**Lunch and Learn at the
S.I.M GYM Oct 5/16**

Planning for your future

Bring your lunch and join Melanie Wiebe and Bill Dermody as they help you plan for your future. As we age there are many different choices to be made.

Melanie Wiebe, RN, Care Coordinator for the CCAC will be explaining the difference between retirement homes, long term care facilities, and how to get help in your home if needed.

Bill Dermody, lawyer, will speak about wills, poa, estates, etc to help you weave your way through the ins and outs of the law.

Please note this Lunch and Learn runs from 11am-1pm in the auditorium.

**At the S.I.M GYM in St.Joseph's Villa
56 Governor's rd
905-627-3541 ext 2109 or email us at
s.i.mgym@sjv.on.ca to reserve your spot
55 and older**